

# SUNSET SENIOR BULLETIN BOARD

## CLASSES

### Aquacise and Lap Swim

Mon., Tues. & Weds.  
7:00-8:00pm  
Rocklin Aquatic Complex  
5301 Victory Lane

### FALL 2006 OLLIE CLASSES STARTING!

### COUNTRY LINE DANCE BY WILD HORSES

7:30-10:00 PM  
Clarke Dominguez Gym

## TRIPS

### 2007 LAS VEGAS & LAUGHLIN TRIP

FEBRUARY 10-16, 2007  
DEADLINE: JAN 3 2007  
SIGN UP NOW!

### MENOPAUSE THE MUSICAL

Performance November 12  
Signup Deadline October 1

## EVENTS

### AUTUMN ART TOUR

November 10-12, 2006  
Visit Finn Hall located at 4090 Rocklin Rd  
from 11:00 am - 7:00pm to view Rocklin  
Artists' current works.

Tour Maps sold at Sunsent Center starting  
September 18 and Finn Hall on event day.

### THE EMPERORS NEW CLOTHES

SEPT 15-17 & 22-24, 2006  
FRI & SAT SHOWS 7:30 PM  
SAT & SUN MATINEES 2PM

## HELP WANTED

### VIDEO DAY VOLUNTEER NEEDED!

### ROSE PARADE 2007

DECEMBER 30-JANUARY 2, 2007  
DEADLINE OCTOBER 15, 2006  
Departure 7:30 AM  
Return 7:30 PM

### DAY AT THE RACES

Friday October 13, 2006  
Deadline: September 1, 2006  
Departure 8:30am Return 7pm

### FLU SHOTS

Placer County Health Services will be  
at the Rocklin Sunset Center giving  
flu vaccinations. There will be a small  
fee of \$10-15. Drop-in only, appoint-  
ments not necessary. For questions  
call the Flu Hotline 530-889-7161.

Tuesday, November 21, 2006  
9:00-11:30 am  
Main Hall of Rocklin  
Sunset Center

### Transportation Options for the Rocklin Area:

CTSA: 916-788-2330

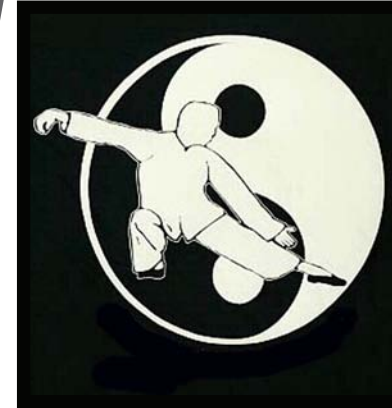
DIAL A RIDE:

916-788-2342

SENIOR INDEPENDENT  
SERVICES:

916-782-4202

# SEPTEMBER 2006



## Sunset Seniors Calendar Of Events



## TAI CHI

*Tai Chi*, a form of moving meditation, is gaining popularity in the United States as an aid to good health, especially for older adults.

These slow, graceful, repetitive movements are said to gently increase and open internal circulation, increase strength and muscle tone. It also aids balance, coordination, concentration and enhances range of motion and flexibility.

Over time, the lasting effects of *Tai Chi* become a direct reversal of the constricting physical effects of stress on the human body, reducing blood pressure and increasing energy levels.

Come find out the benefits of this relaxed form of exercise. *Tai Chi* classes meet at the **Sunset Center on Thursdays from 7:00pm-8:00pm and Mondays from 8:30-9:30am. Pre-registration is required.** Please check the recreation guide for sessions.

# SEPTEMBER

SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT

					<b>1</b> 11:00-12:00 Senior Stretch Room 107  1:00-3:00 Video Day Rm 103 <b>VIDEO DAY VOLUNTEER NEEDED</b>	 <b>13 Going on 30</b> Rating: <b>PG13</b> (2004) It's 1987, after her 13th birthday party goes awry, Jenna wishes she could just be 30. <i>Starring:</i> Jennifer Garner, Mark Ruffalo	<b>2</b> 10:00-2:00 Saturday Bridge
<b>3</b>	<b>4</b> HOLIDAY  LABOR DAY	<b>5</b> 1:30-3:00 Peer Counseling  7:00- 8:00 Aqua Exercise	<b>6</b> STEP UP TO HEALTH PICNIC 10:00-4:00 Pinochle 11:00-12:00 Senior Stretch  7:00- 8:00 Aqua Exercise	<b>7</b> 12:00-3:00 Duplicate Bridge 6:30-9:30 Men's Bridge  <b>SAN FRANCISCO TITANIC TRIP</b>	<b>8</b> 11:00-12:00 Senior Stretch Room 107  1:00-3:00 Video Day Rm 103 <b>VIDEO DAY VOLUNTEER NEEDED</b> 7:30-10:00 <b>Country Line Dance</b> Clarke Dominguez Gym	 <b>Rear Window</b> Rating: <b>PG</b> (1954) As his broken leg heals, wheel-chair-bound L.B. Jeffries becomes absorbed with the parade of life across the courtyard.  <i>Starring:</i> James Stewart, Grace Kelly	<b>9</b> 10:00-2:00 Saturday Bridge
<b>10</b>	<b>11</b> 9:00-1:30 Duplicate Bridge 11:00-12:00 Senior Stretch 11:30-3:30 Pinochle  7:00- 8:00 Aqua Exercise	<b>12</b> 1:30-3:00 Peer Counseling 2:00-4:00 Ollie Advanced Poetry Creating Room 103	<b>13</b> 10:00-4:00 Pinochle 11:00-12:00 Senior Stretch  7:00- 8:00 Aqua Exercise	<b>14</b> 12:00-3:00 Duplicate Bridge	<b>15</b> 11:00-12:00 Senior Stretch Room 107  1:00-3:00 Video Day Rm 103 	 <b>Monster-in-Law</b> Rating: <b>PG13</b> (2005) Gorgeous Charlotte Cantilini has finally met "Mr. Right" there's just one problem Kevin's overbearing and controlling mother.  <i>Starring:</i> Jennifer Lopez, Jane Fonda	<b>16</b> 10:00-2:00 Saturday Bridge 
<b>17</b> 	<b>18</b> 9:00-1:30 Duplicate Bridge 11:00-12:00 Senior Stretch 11:30-3:30 Pinochle  7:00- 8:00 Aqua Exercise	<b>19</b> 1:30-3:00 Peer Counseling 2:00-4:00 Ollie Advanced Poetry Creating Room 103  7:00- 8:00 Aqua Exercise <b>SANTA CRUZ TRIP</b>	<b>20</b> 10:00-4:00 Pinochle 11:00-12:00 Senior Stretch  7:00- 8:00 Aqua Exercise	<b>21</b> 12:00-3:00 Duplicate Bridge  6:30-9:30 Couples Bridge	<b>22</b> 11:00-12:00 Senior Stretch Room 107  1:00-3:00 Video Day Rm 103 	 <b>Charade</b> Rating: <b>UR</b> (1963) Grant may or may not be a flim-flam man who aids the recently widowed Hepburn.  <i>Starring:</i> Cary Grant, Audrey Hepburn	<b>23</b> 10:00-2:00 Saturday Bridge 
<b>24</b> 	<b>25</b> 9:00-1:30 Duplicate Bridge 11:00-12:00 Senior Stretch 11:30-3:30 Pinochle  7:00- 8:00 Aqua Exercise	<b>26</b> 1:30-3:00 Peer Counseling 2:00-4:00 Ollie Advanced Poetry Creating Room 103 7:00-9:30 Couples Bridge 7:00- 8:00 Aqua Exercise	<b>27</b> 10:00-4:00 Pinochle 11:00-12:00 Senior Stretch  7:00- 8:00 Aqua Exercise	<b>28</b> 12:00-3:00 Duplicate Bridge	<b>29</b> 11:00-12:00 Senior Stretch Room 107  1:00-3:00 Video Day Rm 103 <b>VIDEO DAY VOLUNTEER NEEDED</b>	 <b>Yours, Mine and Ours</b> Rating: <b>PG</b> (2005) Remake of the 1968 comedy about two single parents who plan to marry and merge their broods into one "happy" family. <i>Starring:</i> Dennis Quaid, George Lopez and Rip Torn	<b>30</b> 10:00-2:00 Saturday Bridge